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Springfield, OR 97478

PLACESTAMP  
HERE



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**Our mission is to create and sustain comfortable, caring environments for those who depend on us.**

# Sweetbriar Villa Bulletin

Sweetbriar Villa Assisted & Memory Care Newsletter — July 2017



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# Here Comes The Sun!

With summer upon us...here are some tips for a safe season.

Out comes the sun and all kinds of summer fun! To truly enjoy these summer months, we must also be aware of the possible dangers that come with hotter weather. Summer sun can cause sunburns, heat stroke and exhaustion. In preparation for a safe, fun summer, here are some helpful guidelines:

**Stay hydrated.** Even without summer sun, older adults are especially susceptible to dehydration, according to AgingCare.com. The body's ability to conserve water reduces with age, as does a sense of thirst. It is important for older adults to drink lots of fluids and eat foods with high water content. Celery is a great example of one. Most people need about two quarts of water per day.

**Use sunscreen.** Protecting the skin is always a good idea. A sunscreen with an SPF of at least 15 is recommended by the Mayo Clinic. It should be applied generously and reapplied every two hours or more if a person is swimming or sweating. Ears, scalp, lips, nose, hands and neck are spots to remember!

**Cover up.** When headed out into the heat or sun, it is best to wear loose-fitting, lightweight and light-colored clothing. Wide-brimmed hats and sunglasses are also important for protective purposes. It is good to have a lightweight jacket handy to protect the skin from sun exposure, too.



**Avoid being outside during the hottest hours of the day.** The sun is at its highest spot in the sky at noon, and that is when the sun's rays can cause sunburns in the shortest amount of time. That being said, the temperature peaks each day around 3 pm.

**Pay attention to the heat index.** The Heat Index measures how hot it *feels* in any given place when relative humidity is factored in with actual air temperature. Both of those readings can be found on local weather websites.

**Medications and sun don't always mix.** Certain medications can cause increased sensitivity to sunlight. Sunburns, hives and rashes can result if one is not careful while on such medications. Research your medications before heading out into the sun.

**Did You Know? It can take weeks for a person's body to acclimate to hot weather. It is smart to limit sun exposure, especially until one's body is conditioned to it.**

## Resident of the Month



Meet Theresa Trammel, our resident in room 125. Theresa was born Theresa Josephine Dausat on August 20th, 1926 in

Louisiana to Joseph and Adwina. Theresa was raised by her Aunt and Uncle as she lost her parents at a young age. Theresa grew up in Louisiana and in 1946, at the tender age of 15, married Lloyd Trammel. Lloyd had two young daughters, Betty and Carolyn, who Theresa raised as her own. Together, Theresa, Lloyd, Betty and Carolyn moved out to Oregon. A year after Theresa and Lloyd were married they bought a home in Dexter, Oregon. Lloyd and Theresa were married over 50 years. Theresa has two Grandchildren and three Great

Grandchildren. Lloyd spent his life working in a sawmill as a sawyer and Theresa worked in a clothing store as a clerk. Theresa and Lloyd were square dancers and did this competitively. Theresa has won many ribbons from dancing. Some of which are displayed in her room here at Sweetbriar. Theresa also loves camping, crocheting, gardening, spending time with her children, grandchildren and great grandchildren. On her farm in Dexter, she grew many vegetables and some fruit as well. Theresa loves all types of music, her favorite being Country, she is not a fan of Opera but she did let me know that she has enjoyed some Rap music. Theresa was born catholic and still remains faithful to this faith today. She loves dogs and visiting with friends and playing BINGO. She is a good friend to our resident's here and all of us on staff just love her to pieces! Theresa it's been a joy getting to know you, thank you for sharing a little bit of your life with me so I may share it with others here at this great home!



**"Strawberry shortcake!"**  
- Rose Smith

**"S'Mores!"**  
- James Lenfesty



## July Highlights — You're Invited!

July 3rd: 4th of July BBQ at 12:00

July 6th: Family Meeting in Memory Care at 4:00

July 7th: Big Foot Lane performs in the Dining Room at 2:00

July 14th: Classic Country performs in the Dining Room at 2:00

July 19th: Lane Country Fair opens and we will be there to enjoy all the festivities!

July 20th: Food Council at 4:00 followed by Resident's Council at 4:30

July 21st: Timothy Patrick performs in the Dining Room at 2:00

July 24th: Kathy Kali sing-a-long at 2:00

July 25th: Sara Brukhart plays piano at 2:00

July 28th: DISNEY DAY



**We have a Food Council meeting at 4:00 this month, followed by our Resident's council.**

## Our Favorite Summer Dishes



**"Colorful fruit salad!"**  
- Eva Alexander

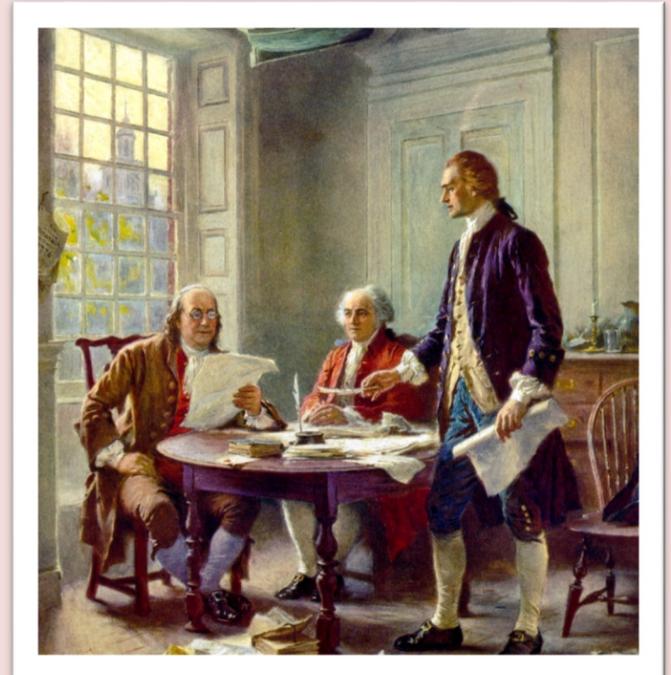
**We asked residents about their favorite dishes to have in the summer.**



## Declaration of Independence

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed.

That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or abolish it, and to institute new Government, laying it's foundation on such principles and organizing it's powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn that mankind are more disposed to suffer, while evils are sufferable than to right themselves by abolishing the forms to which they are accustomed..."



This July 4th let's celebrate our Independence, and let's never forget the good men and women who fought to establish what is now ours. They did us all a great service.

God Bless America

## Find us on Facebook!

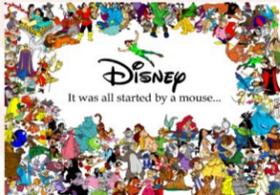


We've been sharing more and more on our Facebook page recently and would love to have you join the conversation!  
LIKE our Facebook page today!

[www.Facebook.com/SweetbriarVillaSeniorLiving](http://www.Facebook.com/SweetbriarVillaSeniorLiving)

# July 2017

Sweetbriar Villa  
6135 E Street  
Springfield, Oregon 97478  
(541)225-0200

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 7:30 IN2L Good News 10:30 MC Coloring 11:30 Balloon Bash 1:30 Movie & Popcorn 2:00 One on One
2 10:00 Church Service 10:30 MC Kinetic Sand 2:00 Balloon Bash 3:30 BINGO 4:30 One on One	3 9:30 IN2L Family Feud 10:30 MC Story Time 11:00 Getting Fit 1:30 Decorating Cupcakes 3:30 BINGO	4 4th of July 	5 9:30 IN2L Funny Animals 10:30 MC Alphabet Game 11:00 Getting Fit 1:30 Scenic Drive 4:00 IN2L Family Feud	6 9:30 IN2L Hang Man 10:30 MC Story Time 11:00 Getting Fit 2:00 Crafter's Hour 3:30 Family Meeting	7 9:30 IN2L Trivia 10:30 MC Kinetic Sand 11:00 Getting Fit 2:00 Big Foot Lane 3:30 BINGO	8 7:30 IN2L Good News 10:30 MC Coloring 11:30 Balloon Bash 1:30 Movie & Popcorn 2:00 One on One
9 10:00 Church Service 10:30 MC Kinetic Sand 2:00 Balloon Bash 3:30 BINGO 4:30 One on One	10 9:30 IN2L Family Feud 10:30 MC Story Time 11:00 Getting Fit 1:30 Movie & Popcorn 3:30 BINGO	11 9:30 IN2L Funny Babies 10:30 MC Bible Stories 11:00 Getting Fit 2:00 Bible Study 3:30 BINGO	12 9:30 IN2L Funny Animals 10:30 MC Alphabet Game 11:00 Getting Fit 1:30 Scenic Drive 4:00 IN2L Family Feud	13 9:30 IN2L Hang Man 10:30 MC Story Time 11:00 Getting Fit 2:00 Crafter's Hour 3:30 BINGO	14 9:30 IN2L Trivia 10:30 MC Kinetic Sand 11:00 Getting Fit 2:00 Classic Country 3:30 BINGO	15 7:30 IN2L Good News 10:30 MC Coloring 11:30 Balloon Bash 1:30 Movie & Popcorn 2:00 One on One
16 10:00 Church Service 10:30 MC Kinetic Sand 2:00 Balloon Bash 3:30 BINGO 4:30 One on One	17 9:30 IN2L Family Feud 10:30 MC Story Time 11:00 Getting Fit 1:30 Movie & Popcorn 3:30 BINGO	18 9:30 IN2L Funny Babies 10:30 MC Bible Stories 11:00 Getting Fit 2:00 Bible Study 3:30 BINGO	19 	20 9:30 IN2L Hang Man 10:30 MC Story Time 11:00 Getting Fit 4:00 Food Council 4:30 Resident's Council	21 9:30 IN2L Trivia 10:30 MC Kinetic Sand 11:00 Getting Fit 2:00 Timothy Patrick 3:30 BINGO	22 7:30 IN2L Good News 10:30 MC Coloring 11:30 Balloon Bash 1:30 Movie & Popcorn 2:00 One on One
23 10:00 Church Service 10:30 MC Kinetic Sand 2:00 Balloon Bash 3:30 BINGO 4:30 One on One	24 9:30 IN2L Family Feud 10:30 MC Story Time 11:00 Getting Fit 2:00 Kathy Kali 3:30 BINGO	25 9:30 IN2L Funny Babies 10:30 MC Bible Stories 11:00 Getting Fit 2:00 Bible Study 3:30 BINGO	26 9:30 IN2L Funny Animals 10:30 MC Alphabet Game 11:00 Getting Fit 1:30 Scenic Drive 4:00 IN2L Family Feud	27 9:30 IN2L Hang Man 10:30 MC Story Time 11:00 Getting Fit 2:00 Crafter's Hour 3:30 BINGO	28 	29 7:30 IN2L Good News 10:30 MC Coloring 11:30 Balloon Bash 1:30 Movie & Popcorn 2:00 One on One
30 10:00 Church Service 10:30 MC Kinetic Sand 2:00 Balloon Bash 3:30 BINGO 4:30 One on One	31 9:30 IN2L Family Feud 10:30 MC Story Time 11:00 Getting Fit 1:30 Movie & Popcorn 3:30 BINGO					

## July Birthdays

Can you believe it?

In July we have no resident's with birthdays!

That doesn't mean we can't have a party though!

Friday, July 28th

We will be having the time of our lives with our DISNEY DAY.

Dress up as your favorite character, come down to the Living Room and watch a Disney movie at 10:00

And then celebrate memories with snacks in the Dining Room at 2:00.

